



rank	bib	gender	name [catg / year]		time	time / km	km/h
1	910	M 1	Ghysels Bart [M 45 / 1975]		40:59	04:05	14.60
2	998	M 2	Lelièvre Thierry [M 45 / 1972]	Joggans	41:04	04:06	14.60
3	992	M 3	Prist Christian [M 50 / 1971]		45:09	04:30	13.30
4	905	M 4	La Haye Anthony [Sch / 2006]		45:18	04:31	13.20
5	991	M 5	Mertens Christophe [M 40 / 1977]		45:20	04:32	13.20
6	902	M 6	Kennes Laurent [Nvt / 2020]		45:42	04:34	13.10
7	939	W 1	Lettens Suzanna [W 40 / 1977]		49:00	04:54	12.20
8	1007	M 7	Michielsens Milo [Nvt / 2012]	Dac	49:20	04:56	12.20
9	985	M 8	Vandenbussche Jeremie [M 40 / 1978]		49:34	04:57	12.10
10	995	W 2	Moulaert Gaetane [W 35 / 1986]		49:36	04:57	12.10
11	912	M 9	Dewulf Mauritz [Nvt / 2010]	Dilbeek Ac	50:15	05:01	11.90
12	915	M 10	Ochs Marius [Nvt / 2011]		50:16	05:01	11.90
13	932	M 11	Ochs Lionel [M 40 / 1979]		50:20	05:02	11.90
14	1011	W 3	Taveirne Mieke [W 40 / 1978]		50:40	05:04	11.80
15	930	W 4	Lievens Joke [W 40 / 1978]		50:41	05:04	11.80
16	913	M 12	Dethy Loïc [Nvt / 2010]		51:09	05:06	11.70
17	927	W 5	Ghyssaert Isabelle [W 40 / 1978]	Joggans	51:28	05:08	11.70
18	982	W 6	Smets Coralie [W 40 / 1981]		52:05	05:12	11.50
19	999	W 7	Vanderhasselt Camill [Sch / 2006]		52:27	05:14	11.40
20	901	M 13	Delbeke Stijn [M 40 / 1981]		52:43	05:16	11.40
21	981	W 8	Meira Isabel [W 35 / 1984]		52:52	05:17	11.30
22	975	M 14	Fransen Filip [M 40 / 1981]		53:04	05:18	11.30
23	979	M 15	Muylle Laurent [M 40 / 1979]		53:17	05:19	11.30
24	989	W 9	Lion Annick [W 45 / 1974]	Resc	53:35	05:21	11.20
25	919	M 16	Charles Sebastien [M 45 / 1975]		54:01	05:24	11.10
26	990	M 17	Verschelde Alain [M 60 / 1958]	Excelsior	54:52	05:29	10.90
27	997	M 18	Denis Hubert [M 40 / 1978]		55:05	05:30	10.90
28	918	M 19	De Kerpel Philippe [M 40 / 1978]		55:07	05:30	10.90
29	976	M 20	Polet Bernard [M 50 / 1970]		55:08	05:30	10.90
30	941	W 10	Secades Beatriz [W 45 / 1976]	Joggans	55:47	05:34	10.80
31	925	M 21	Palmans Bart [M 45 / 1973]		55:49	05:34	10.70
32	923	M 22	Palmans Bruno [Nvt / 2009]		56:32	05:39	10.60
33	984	W 11	Claeys Els [W 40 / 1979]		57:08	05:42	10.50
34	1001	W 12	Weber Valers [W 40 / 1977]		57:12	05:43	10.50
35	900	M 23	Maes Jeroen [Sen / 1994]		57:33	05:45	10.40
36	922	M 24	Palmans Luiz [Sch / 2007]		57:40	05:46	10.40
37	934	M 25	Wijffels Jan [M 40 / 1979]		57:49	05:46	10.40
38	986	M 26	Cosyns Xavier [M 45 / 1975]		58:01	05:48	10.30
39	914	M 27	Harckmans Alex [Nvt / 2011]		58:20	05:50	10.30
40	983	M 28	Palmans Sebastien [M 40 / 1977]		58:22	05:50	10.30

41	1000	M 29	Put Emic [Nvt / 2009]		58:30	05:51	10.30
42	904	M 30	Vanwallegem Hans [M 60 / 1962]		58:35	05:51	10.20
43	938	W 13	Monballiu Liesbet [W 40 / 1979]		58:43	05:52	10.20
44	993	W 14	Houben Kathelijne [W 45 / 1975]		58:44	05:52	10.20
45	980	W 15	Rondou Sara [W 35 / 1984]		59:20	05:56	10.10
46	935	M 31	Draelants Vincent [Cad / 2008]	/	60:15	06:01	10.00
47	909	W 16	Glorieux Saskia [W 40 / 1981]		60:20	06:02	9.90
48	921	W 17	Backx Charlotte [W 35 / 1982]		60:22	06:02	9.90
49	1002	W 18	Peeters Stefanie [Sen / 1988]		60:30	06:03	9.90
50	1005	M 32	Gillis Dean [Sen / 1989]	10	60:32	06:03	9.90
51	1003	W 19	Lelievre-damit Laurien [Sen / 1989]		60:34	06:03	9.90
52	994	M 33	Van Gestel Koen [M 55 / 1963]		60:39	06:03	9.90
53	937	M 34	Seynaeve Arno [Nvt / 2009]		61:17	06:07	9.80
54	940	M 35	Vander Stichele Carlos [Cad / 2008]		70:49	07:04	8.50
55	908	W 20	Buffels Linde [W 35 / 1986]		71:25	07:08	8.40
56	929	M 36	Luyckfasseel Steven [M 65 / 1957]		72:37	07:15	8.30
57	1104	M 37	Leon Hernandez Elias-inti [M 35 / 1986]		73:54	07:23	8.10
58	928	M 38	Criel Manu [M 40 / 1981]		78:58	07:53	7.60
59	920	W 21	Hernandez Ambar [W 40 / 1979]	Rainbowhou	86:38	08:39	6.90